

**One-Page Summaries:**

# **School Challenges & Academic Pressure**

**Empowered Parents Summit 2024**



**Strategic  
Parenting**

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# How to Raise a Child Who's Always Ready to Take Charge and Get Things Done

Ned Johnson



*"A lot of times when children say things like, "Well, this is just stupid," what they're really saying is, "This makes me feel stupid."*

## Balancing control

Sometimes when things aren't going well, or when we're really fixated on a particular outcome, we tend to get a bit controlling with our kids. But more often than not, this approach backfires. It ends up hurting their natural drive to do things and their ability to handle stress.

Think about it: **one of the big signs of anxiety is avoidance**. So, when we're too controlling, we unintentionally push our kids to avoid things that are actually good for them (for example, homework). If we don't change our approach, there's a high possibility that our children will soon start to lose interest in the things that really matter to them.

## Learning the hard way

As parents, our biggest fear is that our kids will end up stuck somewhere, without friends or success, living in a van down by the river kind of thinking. But the thing is, they won't learn to do hard things except by actually doing them. Believing that everything will eventually fall into place will definitely make life a lot simpler.

What we really need to do is let our kids experience the natural consequences of going to school unprepared. We've got to resist the urge to say, "I told you so". We've got to be on their side emotionally. That way, when they come to us embarrassed or frustrated, we can **validate their feelings** and say things like, "Wow, that sounds really tough."

## Believing in your kid

First off, lead by example. **Kids naturally look up to us**. So, one of the best things we can do is to show them the importance of learning and being ambitious. When they see us excited about learning new things, it sets a great example for them to follow.

Second, make sure you're setting healthy and NOT toxic expectations. **Healthy expectations mean believing in our kids and their abilities** and being there to support them when they need it. Toxic expectations are all about demanding that they achieve something, no matter what.

# How Encouraging Curiosity Beats Demanding Obedience Every Single Time

Ivy Xu



*"The skill I've seen in almost every successful entrepreneur, other than ambition, is not giving up; you can always bet on someone who keeps getting up."*

## Kids' dreams and school realities

Every kid has something they're ambitious about. However, parents tend to value certain interests over others. You might think certain subjects aren't useful for your kid's future. As a result, you might try to steer them away from those areas, even if they're passionate about them.

Then, there's the issue with the old-school education system. We've got all these students with diverse interests being pushed into traditional career paths. That's because the education system isn't adapting quickly enough to the changing world. So, it's best if **parents take a more active role in guiding** their kids.

## Supporting their passions

**Support your child** in pursuing their interests. In today's world, with the internet and all, we can't predict where these interests might lead in the future. So, whatever sparks your kid's curiosity could very well turn into a drive for them. Even if it's something seemingly trivial, the determination and ambition they develop can definitely be applied to other areas.

Also, kids really thrive when they have mentors who believe in them. Most times, they may not know where to begin or struggle to ask the right questions. That's where parents come in, to guide them while also providing emotional support.

## More than just a job hunt

Once your child heads off to college, **encourage them to explore** internships. It's not just about figuring out their career path but also about gaining real-world experience and practical skills that can set them up for success.

College isn't just about landing a job in the field they've chosen. It's so much more than that. It's about taking classes they're passionate about, making lifelong friends, and experiencing four years of independence and growth. So, **encourage your kids to make the most of their college experience and embrace all the opportunities it has to offer.**



# Unlock Your Child's Natural Learning Drive: Here's How

Ellen Galinsky



*"There are a number of things that set kids apart who do well in school and kids who don't do well in school, but among them, and really not thought of very much, are executive function skills."*

## Learning minds

Have you ever wondered why some kids seem to be born with this natural zest for learning while others find it a constant struggle? I was curious about that, too, and I wanted to understand what makes the difference.

My goal was to figure out **how we can keep that spark for learning alive** in every child's eyes. So, I rolled up my sleeves, talked to over a hundred researchers, and dove into thousands of research papers to uncover the secrets behind it all.

## Top executive function skills

**Setting goals:** Encourage your child to decide independently what they want to do and how they'll do it.

**Perspective-taking:** Understanding how they feel as well as how others around them think and feel will help them get along with people.

**Communicating & collaborating:** It's about saying what they want to say in a way that others understand. It's also about working together with others to get things done (despite the potential conflicts).

**Problem-solving:** First, they need to understand what's the problem. Then, they need to think of different ways to fix it. Finally, they should come up with a smart solution.

**Taking on challenges:** This is about teaching your child not to give up when things get tough. It's also about trying new things and taking risks, even if they might fail.

## Empowering your kid

We tend to fix problems for kids rather than help them learn how to take on challenges and solve them on their own. For example, let's say we want our kid to share their toy. We shouldn't say, *"Be nice and share."*

Instead, we want to **teach them to think for themselves**. To do that, use every chance you get to ask them things like, *"What ideas do you have about sharing that toy?"*



# Get It Done: Executive Function Hacks to Boost Your Child's Productivity

Ann Dolin



*"One of the things we can do as parents is really to focus on when our kids are actually starting their work, and the start time is far more important than the end time."*

## Kid avoiding homework

I know how frustrating it can be when children put off tasks and don't start their homework. As a matter of fact, most parents find it hard to get their children to do their schoolwork.

Parents usually tell me they've tried everything, from reminders to setting up a homework schedule, yet nothing seems to work. However, if you don't address this issue as soon as possible, it will not only affect their grades but also lead to **tension at home**.

## Start early, finish strong

Instead of focusing only on when they finish, try encouraging them to **start early**. It might seem small, but starting early can make a world of difference in how much they get done and how well they understand the material. Plus, it helps avoid those late-night homework battles!

## Effective habits

One thing that could really help is setting a regular start time for their homework sessions. It creates a sense of structure and routine, which can be super beneficial. And speaking of setting the scene, finding a quiet, distraction-free spot for them to work can really boost their productivity.

Now, here's a little **parenting hack**: when they actually start their work on time, don't forget to give them some recognition for it! A bit of praise goes a long way in reinforcing positive behaviour.

By emphasising the importance of starting tasks on time, you're actually teaching them some pretty valuable life skills. **Time management is key, not just for school but for life in general**. It can really help reduce their stress levels and make homework feel less overwhelming. Plus, it sets them up for success down the road.

# Running on Empty: How Learning Disabilities Can Drain Your Child's Motivation

Dr. Richard Selznick



*"The most damaging thing parents say to their children is that they're not trying hard enough."*

## The spiral of discouragement

The longer the kids struggle with school, the more discouraged they tend to feel over time. By the time they reach third or fourth grade, they start saying things like, "I hate this" or "This is stupid."

This then creates a whole range of problems – parents getting frustrated, homework not getting done, and teachers saying they're not paying attention. It's like a cycle that just keeps going. That's why I call them **shutdown learners**.

## Parenting from the same page

As parents, we've got a big role to play in helping our kids deal with all the stress they face when they're struggling in class. We've also got to be careful not to make it worse by adding more stress ourselves.

If parents are constantly bickering about who's to blame for the situation, it will just make things even more uncertain for the child. Instead, we need to focus on giving them a break from all the school pressure.

Take a step back from the books and worksheets for a bit. **Find some fun stuff to do together** that's got nothing to do with school. Whether it's going for a walk, exploring nature, checking out a farm, or just doing something completely different. The idea is to help them relax and take their mind off things for a while.

## It's the little things

We want to help our kids **recharge their batteries**. When we find little ways to give them a boost here and there, it can make a big difference.

You don't need to praise them all the time. Just say, "Hey, you did a good job today," or "That was really funny," or "You made that cake? That's awesome!" It doesn't have to be anything big. Simply start noticing the little things. Saying, "Hey, that was great," can really go a long way.

# Turning Roadblocks Into Stepping Stones for Your Child With ADHD

Dr. Janina Elbert Maschke



*"ADHD has its challenges, but there are also a lot of strengths, and if you support your kids and they learn tools to support themselves, they can achieve amazing and remarkable things."*

## Tough realities

Kids with ADHD can really struggle with their emotions. It's tough for them to understand when they're pushing themselves too hard or feeling drained. As you can imagine, this can then negatively affect their mental health.

If they don't learn to **manage those emotions**, they could end up burning out or feeling super stressed without even realizing it. And if they don't start working on finding that balance, those feelings might stick around well into adulthood.

## Emotional well-being

Parents can make a huge difference in their children's lives. By talking openly about feelings, teaching them how to cope, and showing them the importance of self-care, we can help our kids better navigate their emotions. We want to set them up for **emotional success** right from the start.

One of the best ways to teach them emotional intelligence is to use **emotion cards and drawing activities**. The key is to help them recognize and understand their feelings. Get them to pinpoint where they're feeling these emotions in their bodies. Once they've got that down, finding balance becomes a whole lot simpler.

You could also try mindfulness, breathing exercises, as well as some grounding techniques to help your child avoid those extreme swings that take them from exhaustion to hyperactivity.

## Making breaks work

It's crucial to help kids understand the importance of **taking breaks**. However, with ADHD kids and their knack for hyperfocus, it's not always easy. I can totally relate—I remember how tough it was for me to switch back to homework mode after having fun as a kid.

However, one thing that might help is **smoothing out those transitions**. Maybe incorporating a bit of playtime at their desk before jumping back into homework could do the trick. It's all about maintaining balance and preventing fatigue from creeping in when they're hyper-focused.



# How Deep Hypnotic Reprogramming Can Empower Your Kid to Become a Top Achiever

Dr. Aleksander Sinigoj



*"We need to be more mindful about what we allow to influence our minds. It's about choosing to focus, intentionally and consistently, on what truly matters."*

## Distraction overload

You know that feeling when you're trying to focus, but distractions keep popping up left and right? It's like we're being pulled in a million directions at once. And when we can't concentrate, it feels like everything's just stacking up, adding to our stress levels.

Our children feel the exact same way. If they're not taught how to **practise focus**, they'll probably end up feeling drained and unmotivated for school. However, you can help them **break this unproductive cycle**.

## Positive communication

Essentially, when communicating with your kid, we're trying to encourage them to do what we're asking. So, the first thing we need to do is **steer clear of negative commands**.

Instead of saying, "*Don't watch TV,*" we can flip it to something positive, like "*Start working on your homework.*" **You want to be super specific and clear.** The more you do it, the sooner you'll notice your child becoming less resistant and more willing to listen to what you're saying.

## Hypnotic techniques

When you're doing basic visualization with your kid, you're basically diving into **self-hypnosis** territory. So, if you want to make it more structured, like a proper hypnotic session, start by setting an intention—decide what you want to achieve during that session.

Next, kick things off with an induction. It could be as simple as counting down from 10 to 1 and relaxing different parts of your bodies together. Once you're both feeling relaxed, follow up with a direct command. Like, "*When we wake up, we'll feel super energized!*" If you keep at it regularly, this simple trick can really **help your kid focus better in school**.